An illustration of a young child with dark hair and a surprised expression, looking out of a window at a large, bright yellow full moon in a dark blue night sky. The child is wearing a green shirt and red pants, and is holding a small black cat with white paws. The child is standing on a green rug with yellow stars. A large, striped pillow is visible in the foreground.

# The Night Before My Birthday Book

★ by Joni Rubinstein ★

Illustrations by Juana Martinez-Neal



## ★ About the Author ★



Joni Rubinstein is a wife, mother, and an elementary school counselor. Since each of her children turned one, she has read a poem to them on the night before their birthdays. Inspired by this poem she wrote *The Night before My Birthday Book* to share this birthday eve ritual and to create a family tradition for another generation. Joni has also produced the videos *Healthy Touch: Infant Massage for Teenage Parents* and *Bonding Through Touch: Infant Massage for Adoptive Families*. She is committed to supporting families in creating new traditions that celebrate love, respect and attachment.



Happy Birthday Danika!  
Joni R.





# The Night Before My Birthday Book

by Joni Rubinstein



Illustrations by Juana Martinez-Neal

★ If you're excited and you can't sleep,  
you can try counting your birthday sheep.  
As you read this book with anticipation,  
find the sheep in each illustration.



To Spencer for constant loving support,  
Malia, Jesse and Amber, (my three hearts),  
and Juana for making the pictures in  
my head so much better. - J. R.



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## ★ To Parents, Guardians, and Loving Adults ★

*The Night Before My Birthday Book* is a way of creating a new tradition for all families; one based on the celebration of your cherished child. The book is to be read on the eve of the birthday while your young one is tucked in bed, full of anticipation. It is a night of transition, birthday wishes, and dreams as your child prepares to go to sleep and magically wake up one year older.

Children come into our hearts and homes in so many different ways, and there are many different types of families. My birthday wish for you as parents, stepparents, and loved ones is not to create a tradition for just your child, but for you as well. Enjoy celebrating your own transition into parenthood, or whatever loving relationship you share with the child you tuck into bed. This new birthday tradition honors and celebrates that transition, that defining moment when we all become part of a growing family.

### HOW TO USE THIS BOOK:

You will see blank spaces on some of the pages. As you read the book, the first two blanks will be your child's present age and the rest will be the brand new age as well as the number of hugs and kisses and candles on the birthday cake.

At the back of the book, you will see pages to keep a birthday chronicle. On those pages you can record who read the book to the birthday child, the date, and which birthday eve is being celebrated. There are lines to include dreams that came true for that year, events and accomplishments to remember. This creates a childhood memoir, a keepsake for a lifetime.

Joni Rubinstein  
2013





The moon will soon rise and the sun has just set,  
But it's still not my birthday yet.















"Sweet dreams, sweet dreams" they say as I yawn,  
"May you dream of your birthday from moonrise to dawn."  
A hug and a kiss and then switch off the light,  
And I'm still \_\_\_\_\_ years old tonight.





It's hard to wait while tucked in my bed,  
As thoughts of tomorrow twirl through my head.







The seconds tick by in my bed, oh so slow.  
Was I just sleeping? I really don't know!














The background of the page is a dark, deep blue night sky. In the upper half, a large, bright, pale yellow full moon is centered. Surrounding the moon are several fluffy, yellow sheep with brown legs and faces, appearing to float or fly in the sky. There are also a few small, twinkling yellow stars scattered across the sky. At the bottom of the page, there are faint, dark green silhouettes of trees or bushes.

The moon will then rise and glow while I sleep,  
On white puffy clouds like fat fluffy sheep.

Sheep that glide and float in the sky,  
With glittering stars that sparkle so high.

Sheep and stars, without a peep,  
Watch from above as I dream in my sleep.



Then in my dream, my birthday comes,  
On a sparkling new day with a bright smiling sun.









Welcome Birthday to my dream,  
Of layer cakes and sweet ice cream,  
And friends who sing the birthday song.  
I won't be \_\_\_\_ years old for long.















The sky will soon start to blush with light,  
Then very soon it will no longer be night.  
When the deep purple sky turns honey gold,  
I will wake up and be \_\_\_\_ years old.





\_\_\_\_\_ hugs and kisses when I awake.  
\_\_\_\_\_ twinkling candles, on my birthday cake.







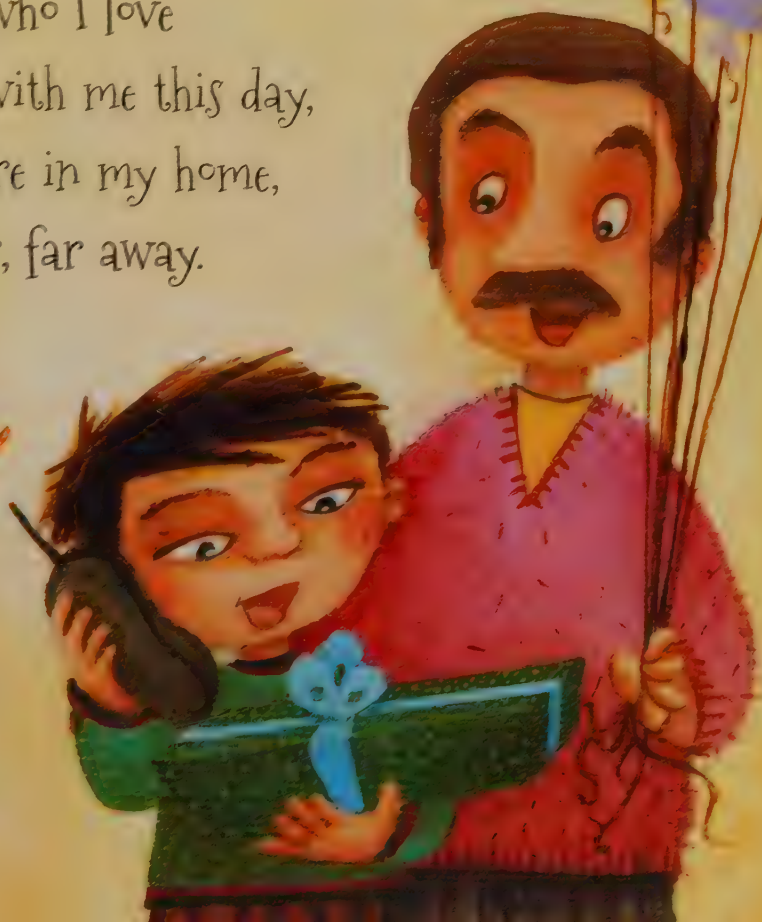




# HAPPY BIRTHDAY

Happy Birthday to me!  
It comes just once a year,  
And the best gifts of all  
are my loved ones so dear.

And those who I love  
will share with me this day,  
Whether here in my home,  
or from far, far away.





Nite nite





# ★ Birthday Chronicles ★



Read to ..... on the night before birthday number .....  
on ..... with love by .....



Dreams that came true this year: .....



Read to ..... on the night before birthday number .....  
on ..... with love by .....



Dreams that came true this year: .....



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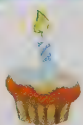


Read to ..... on the night before birthday number .....  
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Dreams that came true this year: .....





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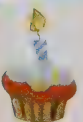


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Dreams that came true this year: .....

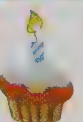


Read to ..... on the night before birthday number .....

on ..... with love by .....



Dreams that came true this year: .....



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on ..... with love by .....



Dreams that came true this year: .....



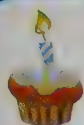
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Dreams that came true this year: .....





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Dreams that came true this year: .....

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## ★ About the Illustrator ★



Juana Martinez-Neal has been painting sheep and clouds as long as she can remember. She was born in Lima, Peru where she raised no sheep but had plenty of clouds in her beloved Lima sky. *The Night Before My Birthday Book* is her third picturebook and the first one where she got a chance to paint sheep.





## The Night Before My Birthday Book ORDER FORM



You can order this hardcover copy of *The Night Before My Birthday Book* in two different ways. For each book purchased retail online, or by mail, we will donate \$1.00 to our featured charitable organizations that support children to thrive and reach more birthdays.



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Nite nite



 **Three Hearts**  
PRESENTS





# The Night Before My Birthday Book

The moon will soon rise, and the sun has just set,  
But it's still not my birthday yet...

This magical poem read to children on the eve of their birthday will become a cherished and anticipated tradition for years to come. It captures the feelings felt by children as they are tucked into bed with dreams of waking up a brand new age.

*The Night Before My Birthday Book* becomes a childhood keepsake with chronicle pages to record birthday dreams come true.

Three Hearts Presents is committed to supporting organizations dedicated to helping children reach more birthdays. Portions of the sales of *The Night Before My Birthday Book* will be donated to charitable organizations that support children's health, safety, and well being through research and responsive services. Visit [www.nightbeforemybirthday.com](http://www.nightbeforemybirthday.com) to learn about our featured organizations.